



## Choose a Sustainable New Year's Resolution Grow Greener in 2009



Resolve to grow greener this year by adopting a new sustainable habit.  
When added to those you already practice, one small change can make a big difference!

### *At Work*

- ★ Before recycling any paper, make sure you have used both sides. The back side of copies, memos and outdated materials can be kept in your printer for printing drafts, or used as scratch paper.
- ★ Put your computer to sleep when leaving the office for a meeting or lunch break. Don't forget to turn off the lights too!
- ★ Travel wisely. Consider riding a bike, carpooling or taking public transportation to work, meetings or appointments at least 1 day per week. Riding a bike not only reduces greenhouse gas emissions, it is also an excellent way to get in shape- the #1 New Year's Resolution most often made in America!

### *At Home*

- ★ Use those reusable bags! Find a convenient place to keep your reusable shopping bags so they are not forgotten when heading out to the grocery store. Many local grocers even have incentive programs for shoppers who bring their own bags.
- ★ Make recycling a family affair. Enlist the help of your family to clean recyclables and place them in the recycling bin instead of the trash. Consider reusing items that you normally would not. Be creative! An oatmeal container can be cleaned out and decorated to make a fun pencil container on the desk.
- ★ Start a compost bin. Composting can be a fun family project that has great benefits for your family and our environment. You can even become a Master Composter through Santa Clara County. Classes begin January 7th see the link below for more information.



### *Resource Links*

Become a Master Composter, to learn more visit [www.reducewaste.org](http://www.reducewaste.org).

Learn more about the items that can be recycled curbside in Los Gatos at <http://westvalleyrecycles.com>.

Are you looking for other Green New Year's Resolutions? Here are a few links that may be helpful:

<http://globalstewards.org/>

[http://www.greengiftguide.com/be\\_green/new\\_years\\_resolutions.shtml](http://www.greengiftguide.com/be_green/new_years_resolutions.shtml)

<http://ecofabulous.blogs.com/ecofabulous/2008/01/new-years-resol.html>